



MEDIA RELEASE
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Eleven Bound for Delhi

Eleven **NSW Institute of Sport** athletes have been named in the Australian track & field team for the **2010 Commonwealth Games** in India. The Australian Commonwealth Games Association yesterday accepted the first round of nominations from Athletics Australia for the team that will compete in October this year.

Several NSWIS athletes produced standout performances at the 2010 Australian Athletics Championships in Perth over the weekend, most notably NSWIS long jumper **Fabrice Lapierre**.

Lapierre floated to the 6th greatest performance of all time by a long jumper on Sunday with a massive jump of 8.78m (3.1m per second tail wind).

"It's always there", said a confident **Lapierre**, 26, who also won the world indoor championships last month.

With a legal personal best of 8.33m, **Lapierre** has pledged to break the national record of 8.49m by the end of 2010.

Fellow NSWIS athlete **Ryan Gregson** won the 1500m title, mowing down Jeff Riseley in the final 20m. A rising star of Australian middle distance running, **Gregson** won in a time of 3:44.99. Fellow NSWIS athlete **Jeremey Roff** finished in 3rd.

Another outstanding performance came from NSWIS veteran **John Steffenson**. The reigning Commonwealth Games Champion claimed silver in the men's 400m in a time of 45.72 to book his place on the team bound for India in October. Fellow NSWIS athlete **Joel Milburn** finished in third place (45.75).

Lachlan Renshaw took out the 800m title to also secure a position on the team for October.

In what was an outstanding meet for NSWIS athletes; **Dani Samuels** (discus) and **Youcef Abdi** (3000m steeple) also claimed gold, while **Lara Tamsett** (5000m), **Matthew Outzen** (javelin), **Trudy Thompson** (high jump), and **Bridey Delaney** (1500m) won silver and **Pirrenee Steinert** (400m) claimed bronze.

NSWIS Wheelchair Track & Road athletes **Angie Ballard** and **Richard Nicholson** finished with a swag of medals including five gold, one silver and one bronze between them.

The following NSWIS athletes have been named on the **2010 Commonwealth Games** team:

John Steffenson
Joel Milburn
Lachlan Renshaw
Ryan Gregson
Jeremy Roff
Fabrice Lapierre
Kurt Fearnley
Dani Samuels
Cheryl Web
Christie Dawes
Pierrenee Steinert

NSWIS Emerging Talent Squad (ETS) member **Kevin Moore** was also selected on the team after placing fifth in the men's 400m. A rising star of Australian Athletics, **Moore** will compete in the world class 4x400m relay team.

Another star of the future is fellow **NSWIS ETS** squad member **Lisa Spencer**. In only her third race competing in the 400m hurdles, **Spencer** finished in third place behind Lauren Boden and Tamsyn Lewis. Spencer has recently made the switch to the 400m hurdles from the 100m hurdles.

The Institute's Principal Partner is ClubsNSW, who provides over \$1 million a year in sponsorship support.

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